

# Aquatics

## Rockville Municipal Swim Center

The Swim Center, located at 355 Martins Lane, has two indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirl-pool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750.

**M= Member**  
**NM= Non Member**

You will only receive the discounted rate if your membership is up-to-date.

### Registration Procedures

**Starting at 8:30 a.m.**

**Residents & Members:**  
Tuesday, August 15

**Non-Residents & Non-Members:**  
Tuesday, August 29

**Registration Deadline:**  
2 weeks prior to start date.

**Note: No classes November 23-26.**

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

<b>Mail to:</b>	<b>or</b>	<b>Fax to:</b>
Swimming Lessons		Swimming Lessons
Rockville Municipal Swim Center		240-314-8759
355 Martins Lane		
Rockville, MD 20850		

### Adult/Child Classes:

An adult MUST accompany EACH child into the water for each Adult/Child class and a signed doctor's permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.

## Adult/Child Swim

### Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants.

Ages: 6 months-18months

Course #	Day	Date	Time	Fee (M/NM)
20408	Sa	Sept 9-Oct. 21	10:50am-11:20am	\$60/\$75
20082	Su	Sep 10-Oct 22	10:25am-10:55am	\$60/\$75
20080	Tu	Sep 12-Oct 24	9am-9:30am	\$60/\$75
20409	Sa	Oct 28-Dec 16	10:50am-11:20 am	\$60/\$75
20083	Su	Oct 29-Dec 17	10:25am-10:55am	\$60/\$75
20081	Tu	Oct 31-Dec 12	9am-9:30am	\$60/\$75

Location: North Pool

### Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 18 months-36months

Course #	Day	Date	Time	Fee (M/NM)
20084	Sa	Sep 9-Oct 21	10:10am-10:40am	\$60/\$75
20088	Su	Sep 10-Oct 22	9:50am-10:20am	\$60/\$75
20091	Su	Sep 10-Oct 22	11:30am-12 noon	\$60/\$75
20312	Th	Sep 14-Oct 26	9am-9:30am	\$60/\$75
20085	Sa	Oct 28-Dec 16	10:10am-10:40am	\$60/\$75
20089	Su	Oct 29-Dec 17	9:50am-10:20am	\$60/\$75
20092	Su	Oct 29-Dec 10	11:30am-12 noon	\$60/\$75
20090	Th	Nov 2-Dec 14	9am-9:30am	\$60/\$75

Location: North Pool

### Bobbers 1 - Adult/Child

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking.

Ages: 3-5

Course #	Day	Date	Time	Fee (M/NM)
20065	Sa	Sep 9-Oct 21	11:25am-11:55am	\$60/\$75
20067	Sa	Sep 9-Oct 21	9am-9:30am	\$60/\$75
20069	Su	Sep 10-Oct 22	9:15am-9:45am	\$60/\$75
20072	Su	Sep 10-Oct 22	11am-11:30am	\$60/\$75
20063	Th	Sep 14-Oct 26	9:30am-10am	\$60/\$75
20066	Sa	Oct 28-Dec 16	11:25am-11:55am	\$60/\$75
20068	Sa	Oct 28-Dec 16	9am-9:30am	\$60/\$75
20070	Su	Oct 29-Dec 17	9:15am-9:45am	\$60/\$75
20073	Su	Oct 29-Dec 10	11am-11:30am	\$60/\$75
20064	Th	Nov 2-Dec 14	9:30am-10am	\$60/\$75

Location: North Pool

# Aquatics

## Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well.

Ages: 3-5

Course #	Day	Date	Time	Fee (M/NM)
20074	Sa	Sep 9-Oct 21	9:35am-10:05am	\$60/\$75
20076	Sa	Sep 9-Oct 21	8:25am-8:55am	\$60/\$75
20078	Su	Sep 10-Oct 22	8:40am-9:10am	\$60/\$75
20075	Sa	Oct 28-Dec 16	9:35am-10:05am	\$60/\$75
20077	Sa	Oct 28-Dec 16	8:25am-8:55am	\$60/\$75
20079	Su	Oct 29-Dec 17	8:40am-9:10am	\$60/\$75

Location: North Pool

## Preschool Classes

We Love Parents But...In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

### Floaters 1

Floaters 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front and back.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
20108	Sa	Sep 9-Oct 21	9am-9:40am	\$63/\$79
20110	Sa	Sep 9-Oct 21	10:30am-11:10am	\$63/\$79
20116	Su	Sep 10-Oct 22	9am-9:40am	\$63/\$79
20118	Su	Sep 10-Oct 22	10:30am-11:10am	\$63/\$79
20114	M	Sep 11-Oct 23	3:30pm-4pm	\$63/\$79
20112	F	Sep 15-Oct 27	4pm-4:30pm	\$63/\$79
20121	Sa	Oct 28-Dec 16	9am-9:40am	\$63/\$79
20123	Sa	Oct 28-Dec 16	10:30am-11:10am	\$63/\$79
20124	Su	Oct 29-Dec 17	9am-9:40am	\$63/\$79
20126	Su	Oct 29-Dec 17	10:30am-11:10am	\$63/\$79
20115	M	Oct 30-Dec 11	3:30pm-4pm	\$63/\$79
20113	F	Nov 3-Dec 15	4pm-4:30pm	\$54/\$68

Location: North Pool

### Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
20138	Sa	Sep 9-Oct 21	9:45am-10:25am	\$63/\$79

20139	Sa	Sep 9-Oct 21	11:15am-11:55am	\$63/\$79
20140	Su	Sep 10-Oct 22	9:45am-10:25am	\$63/\$79
20141	Su	Sep 10-Oct 22	11:15am-11:55am	\$63/\$79
20128	M	Sep 11-Oct 23	4pm-4:30pm	\$63/\$79
20130	Tu	Sep 12-Oct 24	5pm-5:30pm	\$63/\$79
20132	W	Sep 13-Oct 25	3:30pm-4pm	\$63/\$79
20134	Th	Sep 14-Oct 26	5pm-5:30pm	\$63/\$79
20136	F	Sep 15-Oct 27	3:30pm-4pm	\$63/\$79
20143	Sa	Oct 28-Dec 16	11:15am-11:55am	\$63/\$79
20144	Su	Oct 29-Dec 17	9:45am-10:25am	\$63/\$79
20145	Su	Oct 29-Dec 17	11:15am-11:55am	\$63/\$79
20129	M	Oct 30-Dec 11	4pm-4:30pm	\$63/\$79
20131	Tu	Oct 31-Dec 12	5pm-5:30pm	\$63/\$79
20133	W	Nov 1-Dec 13	3:30pm-4pm	\$63/\$79
20135	Th	Nov 2-Dec 14	5pm-5:30pm	\$54/\$67
20137	F	Nov 3-Dec 15	3:30pm-4pm	\$54/\$67

Location: North Pool

### Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
20196	Sa	Sep 9-Oct 21	9am-9:40am	\$63/\$79
20198	Su	Sep 10-Oct 22	9am-9:40am	\$63/\$79
20199	Su	Sep 10-Oct 22	11:15am-11:55am	\$63/\$79
20188	M	Sep 11-Oct 23	4:30pm-5pm	\$63/\$79
20202	Tu	Sep 12-Oct 24	4:30pm-5pm	\$63/\$79
20190	W	Sep 13-Oct 25	4pm-4:30pm	\$63/\$79
20194	F	Sep 15-Oct 27	4:30pm-5pm	\$63/\$79
20200	Sa	Oct 28-Dec 16	10:30am-11:10am	\$63/\$79
20189	M	Oct 30-Dec 11	4:30pm-5pm	\$63/\$75
20203	Tu	Oct 31-Dec 12	4:30pm-5pm	\$63/\$79
20191	W	Nov 1-Dec 13	4pm-4:30pm	\$63/\$79
20195	F	Nov 3-Dec 15	4:30pm-5pm	\$54/\$67

Location: North Pool

### Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

Ages: 4-6

Course #	Day	Date	Time	Fee (M/NM)
20208	Sa	Sep 9-Oct 21	9:45am-10:25am	\$63/\$79
20209	Sa	Sep 9-Oct 21	11:15am-11:55am	\$63/\$79
20210	Su	Sep 10-Oct 22	9:45am-10:25am	\$63/\$79
20206	W	Sep 13-Oct 25	4:30pm-5pm	\$63/\$79
20204	Th	Sep 14-Oct 26	5:30pm-6pm	\$63/\$79
20211	Su	Oct 29-Dec 17	9:45am-10:25am	\$63/\$79
20212	Su	Oct 29-Dec 17	11:15am-11:55am	\$63/\$79
20207	W	Nov 1-Dec 13	4:30pm-5pm	\$63/\$79
20205	Th	Nov 2-Dec 14	5:30pm-6pm	\$54/\$67

Location: North Pool

# Aquatics

## Children's Swim Classes

### Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

Ages: 7+	Course #	Day	Date	Time	Fee (M/NM)
	20223	Sa	Sep 9-Oct 21	9:45am-10:25am	\$56/\$70
	20225	Sa	Sep 9-Oct 21	11:15am-11:55am	\$56/\$70
	20226	Su	Sep 10-Oct 22	9am-9:40am	\$56/\$70
	20227	Su	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
	20224	Sa	Oct 28-Dec 16	9:45am-10:25am	\$56/\$70
	20228	Sa	Oct 28-Dec 9	11:15am-11:55am	\$56/\$70
	20229	Su	Oct 29-Dec 17	9:45am-10:25am	\$56/\$70

Location: North Pool

### Youth 1

Water adjustment is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20241	Sa	Sep 9-Oct 21	9:45am-10:25am	\$56/\$70
	20242	Sa	Sep 9-Oct 21	10:30am-11:10am	\$56/\$70
	20243	Su	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
	20246	Su	Sep 10-Oct 22	12 noon-12:40pm	\$56/\$70
	20239	Tu	Sep 12-Oct 24	4:30pm-5pm	\$56/\$70
	20244	Sa	Oct 28-Dec 16	9am-9:40am	\$56/\$70
	20245	Su	Oct 29-Dec 17	10:30am-11:10am	\$56/\$70
	20247	Su	Oct 29-Dec 17	12 noon-12:40pm	\$56/\$70
	20240	Tu	Oct 31-Dec 12	4:30pm-5pm	\$56/\$70

Location: North Pool

### Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20248	Sa	Sep 9-Oct 21	9am-9:40am	\$56/\$70
	20249	Sa	Sep 9-Oct 21	10:30am-11:10am	\$56/\$70
	20250	Su	Sep 10-Oct 22	9am-9:40am	\$56/\$70
	20251	Su	Sep 10-Oct 22	12 noon-12:40pm	\$56/\$70
	20254	Th	Sep 14-Oct 26	4:30pm-5pm	\$56/\$70
	20252	Sa	Oct 28-Dec 16	9:45am-10:25am	\$56/\$70
	20256	Su	Oct 29-Dec 10	10:30am-11:10am	\$56/\$70
	20257	Su	Oct 29-Dec 10	12 noon-12:40pm	\$56/\$70
	20255	Th	Nov 2-Dec 14	4:30pm-5pm	\$48/\$60

Location: North Pool

### Youth 3

Children who can swim a combined stroke for ten yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20258	Sa	Sep 9-Oct 21	9am-9:40am	\$56/\$70
	20259	Sa	Sep 9-Oct 21	10:30am-11:10am	\$56/\$70
	20260	Sa	Sep 9-Oct 21	11:15am-11:55am	\$56/\$70
	20261	Su	Sep 10-Oct 29	9:45am-10:25am	\$56/\$70
	20262	Su	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
	20263	Su	Sep 10-Oct 22	12 noon-12:40pm	\$56/\$70
	20264	Sa	Oct 28-Dec 16	9am-9:40am	\$56/\$70
	20266	Su	Oct 29-Dec 17	10:30am-11:10am	\$56/\$70
	20267	Su	Oct 29-Dec 17	12 noon-12:40pm	\$56/\$70

Location: North Pool

### Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class.

Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20268	Sa	Sep 9-Oct 21	10:30am-11:10am	\$56/\$70
	20269	Sa	Sep 9-Oct 21	11:15am-11:55am	\$56/\$70
	20270	Su	Sep 10-Oct 22	9am-9:40am	\$56/\$70
	20271	Su	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
	20272	Su	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
	20273	Sa	Oct 28-Dec 16	9am-9:40am	\$56/\$70
	20274	Su	Oct 29-Dec 17	9am-9:40am	\$56/\$70
	20275	Su	Oct 29-Dec 17	9:45am-10:25am	\$56/\$70
	20276	Su	Oct 29-Dec 17	11:15am-11:55am	\$56/\$70

Location: North Pool

### Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20279	Sa	Sep 9-Oct 21	9:45am-10:25am	\$56/\$70
	20280	Sa	Sep 9-Oct 21	11:15am-11:55am	\$56/\$70
	20281	Su	Sep 10-Oct 22	9am-9:40am	\$56/\$70
	20282	Su	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
	20283	Su	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
	20284	Sa	Oct 28-Dec 16	9:45am-10:25am	\$56/\$70
	20285	Su	Oct 29-Dec 17	9:45am-10:25am	\$56/\$70
	20286	Su	Oct 29-Dec 17	11:15am-11:55am	\$56/\$70

Location: South Pool



# Aquatics

## Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20288	Sa	Sep 9-Oct 21	9am-9:40am	\$56/\$70
	20289	Sa	Sep 9-Oct 21	9:45am-10:25am	\$56/\$70
	20290	Su	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
	20291	Su	Sep 10-Oct 22	10:30am-11:10am	\$56/\$70
	20292	Sa	Oct 28-Dec 16	10:30am-11:10am	\$56/\$70
	20293	Su	Oct 29-Dec 17	9am-9:40am	\$56/\$70
	20294	Su	Oct 29-Dec 17	10:30am-11:10am	\$56/\$70

Location: South Pool

## Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

Ages: 6+	Course #	Day	Date	Time	Fee (M/NM)
	20295	Sa	Sep 9-Oct 21	9am-9:40am	\$56/\$70
	20296	Sa	Sep 9-Oct 21	10:30am-11:10am	\$56/\$70
	20297	Su	Sep 10-Oct 22	9am-9:40am	\$56/\$70
	20298	Su	Sep 10-Oct 22	9:45am-10:25am	\$56/\$70
	20299	Su	Sep 10-Oct 22	11:15am-11:55am	\$56/\$70
	20300	Sa	Oct 28-Dec 16	10:30am-11:10am	\$56/\$70
	20301	Su	Oct 29-Dec 17	9am-9:40am	\$56/\$70
	20303	Su	Oct 29-Dec 17	11:15am-11:55am	\$56/\$70

Location: South Pool

## Adult Swim

### Adult Beginner 1

Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

Ages: 14+	Course #	Day	Date	Time	Fee (M/NM)
	20008	W	Sep 13-Oct 25	8:30pm-9:15pm	\$56/\$70
	20010	Th	Sep 14-Oct 26	8:20pm-9:05pm	\$56/\$70
	20011	Tu	Oct 31-Dec 12	8:20pm-9:05pm	\$56/\$70
	20013	W	Nov 1-Dec 13	8:30pm-9:15pm	\$56/\$70

Location: South Pool

### Adult Beginner 2

Designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 recommended prior to attending.

Ages: 14+	Course #	Day	Date	Time	Fee (M/NM)
	20018	Tu	Sep 12-Oct 24	8:20pm-9:05pm	\$56/\$70
	20014	W	Sep 13-Oct 25	8:30pm-9:15pm	\$56/\$70
	20019	Th	Sep 14-Oct 26	8:20pm-9:05pm	\$56/\$70
	20020	Tu	Oct 31-Dec 12	8:20pm-9:05pm	\$48/\$60
	20021	W	Nov 1-Dec 13	8:30pm-9:15pm	\$56/\$70

Location: South Pool

### Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

Ages: 14+	Course #	Day	Date	Time	Fee (M/NM)
	20022	Tu	Sep 12-Oct 24	8:20pm-9:05pm	\$56/\$70
	20023	Th	Nov 2-Dec 14	8:20pm-9:05pm	\$48/\$60

Location: South Pool

### Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. These sessions are not for Beginners! Adult Beginner 3 is recommended prior to attending.

Ages: 14+	Course #	Day	Date	Time	Fee (M/NM)
	20029	Th	Nov 3-Dec 15	8:20pm-9:05pm	\$48/\$60

Location: South Pool

## Adult Water Fitness

### Aqua Blast



Start the day off right-have a blast! Fast paced water exercise class for people who want to workout in the morning. This low-impact high-energy workout is great for both sexes. You do not have to swim to benefit from this class. Music is used. This class is a combination of the Tues./Thurs. cardio training classes.

Ages: 18+	Course #	Day	Date	Time	Fee (M/NM)
	20034	Tu & Th	Sep 12-Dec 14	6:35am-7:20am	\$112/\$133

Location: South Pool

# Aquatics

## Aqua Boogie New

Join us for this aquatic dance class that will move and shake your muscles in the water! Various genres of music used from swing to jazz to boogie! Keep in shape and learn new dance steps at the same time! A great mid-morning work out!

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
20036	Th	Sep 14-Dec 14	10:10am-10:55am	\$56/\$70

Location: South Pool

## Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

Ages: 16+

Course #	Day	Date	Time	Fee (M/NM)
20037	M & W	Sep 11-Dec 13	8:30am-9:15am	\$112/\$133
20038	M & W	Sep 11-Dec 13	9:15am-10am	\$112/\$133
20047	Tu & Th	Sep 12-Dec 14	8:30am-9:15am	\$112/\$133
20048	Tu & Th	Sep 12-Dec 14	9:15am-10am	\$112/\$133
20049	F	Sep 15-Dec 15	8:30am-9:15am	\$56/\$70
20050	F	Sep 15-Dec 15	9:15am-10am	\$56/\$70

Location: North Pool

## Aqua Jog New

This jogging class will take you from deep to shallow water, using the waters' resistance to help with your workout. Participants provided with a belt or can bring their own. You can step up the moves for a more cardio workout or tone it down for a low impact, strengthening workout. Music may be used.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
20056	Tu	Sep 12-Dec 12	10:15am-11am	\$60/\$75

Location: South Pool

## Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may be used.

Ages: 16+

Course #	Day	Date	Time	Fee (M/NM)
20098	M	Sep 11-Dec 11	9:15am-10am	\$60/\$75
20101	Tu	Sep 12-Dec 12	7:35pm-8:20pm	\$60/\$75
20099	W	Sep 13-Dec 13	9:15am-10am	\$60/\$75
20102	Th	Sep 14-Dec 14	7:35pm-8:20pm	\$56/\$70
20100	F	Sep 15-Dec 15	9:15am-10am	\$56/\$70

Location: South Pool

## H2O Walking

A fitness program that involves walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Thirty minutes of water walking equals to two hours of land walking. Taught in deep and shallow water. Music may be used.

Ages: 15+

Course #	Day	Date	Time	Fee (M/NM)
20151	M	Sep 11-Dec 11	9:15am-10am	\$60/\$75
20154	Tu	Sep 12-Dec 12	7:35pm-8:20pm	\$60/\$75
20152	W	Sep 13-Dec 13	9:15am-10am	\$60/\$75
20155	Th	Sep 14-Dec 14	7:35pm-8:20pm	\$56/\$70
20153	F	Sep 15-Dec 15	9:15am-10am	\$56/\$70

Location: South Pool

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Do not have to be a proficient swimmer to enroll but must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Ages: 15+

Course #	Day	Date	Time	Fee (M/NM)
20215	Tu	Sep 12-Dec 12	11:10am-11:55am	\$60/\$75
20216	Tu	Sep 12-Dec 12	9:15pm-10pm	\$60/\$75
20217	Th	Sep 14-Dec 14	11:10am-11:55am	\$56/\$70
20218	Th	Sep 14-Dec 14	9:15pm-10pm	\$56/\$70

Location: North Pool

## Twinges in Your Hinges

Designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. Geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

Ages: 14+

Course #	Day	Date	Time	Fee (M/NM)
20231	M & W	Sep 11-Dec 13	9:15am-10:15am	\$140/\$140/\$161
20233	Tu & Th	Sep 12-Dec 14	8:30am-9:30am	\$140/\$140/\$161

Location: North Pool

## Senior Swim

### 60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and class is taught to music. Note: Senior residents pay member fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
20006	Tu & Th	Sep 12-Dec 14	2pm-2:45pm	\$54/\$67

Location: South Pool

# Aquatics

## Senior Adult Exercise Program Swim



Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Note: Senior residents pay member fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
20173	M & W	Sep 11-Dec 13	2:30pm-3:15pm	\$56/\$70

Location: North Pool

## Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay member fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
20175	M, W & F	Sep 11-Dec 15	10:10am-10:55am	\$88/\$109

Location: North Pool

## Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay member fee.

Ages: 60+

Course #	Day	Date	Time	Fee (M/NM)
20177	M, W & F	Sep 11-Dec 15	11:05am-11:50am	\$88/\$109

Location: South Pool



## Now Hiring!

## Swim Instructors

We are currently accepting applications for "Learn to Swim" Instructors as well as "Water Fitness" Instructors! Experience is required for the Water Fitness Instructor position (land based experience is ok!) however, we will train for the "Learn to Swim" Instructor positions. For more information, call Beth Fowler at 240-314-8754 or go to [www.rockvillemd.gov](http://www.rockvillemd.gov) for an application! E.O.E.

## Special Swim

### Aqua MS

Exercise class or individuals suffering from MS. Geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
20057	Tu & Th	Sep 12-Dec 14	9:30am-10:30am	\$140/\$161

Location: North Pool

### Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Tailored to individual needs.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
20061	Tu & Th	Sep 12-Dec 14	10:10am-10:55am	\$140/\$161

Location: North Pool

## Rockville Masters Swimming

Designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. A structured swimming workout with a professional coach. Participants expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
20170	M	Sep 11-Dec 11	6:30am-7:30am	\$75/\$94
20167	M & W	Sep 11-Dec 13	6:30am-7:30am	\$126/\$147
20166	M, W & F	Sep 11-Dec 15	6:30am-7:30am	\$172/\$193

Location: South Pool

## Women's Synchronized Swimming



Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

Ages: 18+

Course #	Day	Date	Time	Fee (M/NM)
20238	Tu	Sep 12-Dec 12	9:40am-11am	\$75/\$94

Location: South Pool



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

## REGISTER EARLY!